Pump it up

Olympic weightlifter Christine Girard bears the medal hopes of Canadians on her capable shoulders PAGE 14

WATCH THE BIRDIE

ERNIE ELS HITS A CRUCIAL SHOT ON THE 18TH HOLE TO CLINCH THE BRITISH OPEN TITLE PAGE 12

REGINA metro®

Monday, July 23, 2012

News worth sharing.

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Ness Creek gets its groove on

Good vibes. Festival sees wide array of patrons while crowds and volunteers increase

DORIAN GEIGER
dorian.geiger@metronews.ca

Beginning as a small gathering of tree planters in a forest, the Ness Creek Music Festival has evolved into a true Saskatchewan summer spectacle in its 22nd year.

A wide demographic of festival-goers, nature enthusiasts, music fans, obscure entertainers, families, children and vendors from across the world descended on the Big River area for four days of harmony, community, music and nature from July 19 to 22.

Ness Creek's main attraction was music, with out-of-towners like Hey Ocean! and the Besnard Lakes bringing large crowds to the main stage. Local bands We Were Lovers, Young Benjamins, Castle River, the Karpinka Brothers and Factor and the Chandeliers also performed.

"All of my dreams came true this weekend. I'm thankful for all the volunteers, musicians, cultural ambassadors and festival-goers for contributing to another successful festival," said Ness Creek entertainment co-ordinator Debra Aitken.

Saskatoon teacher Jade Hagel has attended Ness Creek since she was a child. Now 31, Hagel returned to Ness Creek after a five-year hiatus.

"It has probably tripled (in size) from 10 years ago. It's jam-packed. It used to be a quiet, hippie tree planters' kind of festival and now it has grown into something all-ages. There's more diversity," she said.

"It's about connecting with old friends and meeting tons of new ones," said Carlie Letts, Ness Creek's volunteer co-ordinator.

"We work hard, but it's all worth it when you see that perfect Ness moment and know that you had a hand in making it all happen."

Catch Metro's photo gallery and video of Ness Creek at metronews.ca.

Follow Dorian Geiger on Twitter @dgiegs

With a little help from friends

Ness Creek's volunteer legion

Roughly 4,000 people funnelled into Ness Creek this weekend. The festival also recruited 400 volunteers, up 150 from last year.

This Ness Creek festival-goer is one of the event's many patrons who strove to project positive vibes at the weekend-long music, arts and ecological festival that took place in the backwoods of northern Saskatchewan, near Big River. DORIAN GEIGER/METRO

The ball's in her court

For basketball player Krista Phillips, London '12 is a childhood dream come true PAGE 2

Dark night

Colorado shooting suspect James Holmes was rejected for membership at a gun range due to his 'freakish' voice-mail message PAGE 3

It's a way-back playback

Some of the biggest hitmakers of the '90s like No Doubt are back in the spotlight PAGE 7

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NEWS

On the web

So much for the Olympic spirit

For some in Athens, the Olympics are not a celebratory affair. The birthplace of the Games is collectively groaning after hosting the 2004 event. Go to metronews.ca to find out why the public is so unhappy.

Cute little crocs

Two endangered Cuban crocodiles have hatched at the National Zoo in Washington. Go to metronews.ca to see scientists feed the cute baby crocs before showing them to the public.

Mobile news

A small part in an upcoming sci-fi remake has turned into a treasure chest of publicity for a Canadian actress who plays a three-breasted prostitute in the flick. Scan the code to find out more.

Red Sox looking for playoff repeat

Championship form. Team has its 'best year ever' for fan turnout

JEFF MACKEY
jeff.mackey@metronews.ca

After winning the 2011 Western Major Baseball League championship last season, the Regina Red Sox have stayed true to form this year.

Going into Sunday's double-header against the Weyburn Beavers the Red Sox were 28-9, leaving them well within range of their 32-10 finish in 2011.

"I think it is all part of building on success throughout the years and doing the right things like recruiting well, coaching well and playing well," said team manager Bernie Eiswirth. "You put all those things together in baseball and you'll gets some consistency going and it makes for a good year of baseball."

The Red Sox will likely be starting their playoff run at home on July 31 or Aug. 1. "We basically want to copy what we did last year in the playoffs and that is win it all," said Eiswirth. "We can only do that one series at a time, but we will see if we can build some momentum in that first series."

Red Sox pitcher Denver Wynn during the first game of the Regina Red Sox and Weyburn Beavers' double-header on Sunday. JEFF MACKEY/METRO

According to Eiswirth, fan turnout for Red Sox games has been exceptional this season. "It has been excellent, our best year ever. We average just over 500 (fans) per game and recently we have been averaging about 650 per game," said Eiswirth.

"That bodes well for the playoffs where hopefully we can get four figures into Currie Field. That makes for a great atmosphere for the team."

Follow Jeff Mackey on Twitter @MetroJeffMackey

Double header

- The Regina Red Sox took on the Weyburn Beavers for a sunny double-header at Currie Field on Sunday. The Red Sox won the first game handily, outscoring the Beavers 16 to 1.
- The second game proved to be a little more competitive for Regina, but the Red Sox still came out on top with a score of 5-3.
- The Regina Red Sox will play the Yorkton Cardinals at Currie Field at 7:05 p.m. Tuesday night.

New contract

RPL, workers reach agreement

After two-and-a-half years, workers at the Regina Public Library have approved a tentative agreement. On Friday night, the 180 employees voted to accept a four-year deal, which includes a four per cent wage increase next year and a retroactive wage increase starting from 2010. METRO

Council meeting

City hall to address stadium

Members of the public will speak at a city council meeting Monday evening regarding the proposed Regina Revitalization Initiative, which includes plans for a new stadium. Council will then vote on a communications plan for the project. Also on the agenda is a motion to partly open City Square Plaza to westbound, non-through vehicle traffic. METRO

Pool safety

Drowning Prevention Week

Pools across the province are hosting a number of events during Saskatchewan's Drowning Prevention Week, which runs until July 28. The week is meant to create awareness around pool safety. METRO

KRISTA PHILLIPS

Saskatoon player celebrated parents' anniversary with Olympic berth

HAPPY CAN-IVERSARY, MOM AND DAD!

While wearing the Team Canada jersey on July 1, Saskatoon's Krista Phillips had something special to celebrate — and so did her parents John and Janet.

Not only did Phillips capture an Olympic berth in Turkey on Canada Day with the women's national basketball team, but the country's birthday also marked her parents' 29th wedding anniversary.

"It was a pretty awesome anniversary present. It was very intense. We were so thrilled," said Janet, who watched the game from Saskatoon on the Internet.

The Canadian women's basketball team has not appeared in the Olympics since the Sydney Summer Games in 2000. The Olympic berth is also a momentous career feat for Phillips, who has already played professionally in the United States and Australia.

"It's huge. I've been dreaming of it since I started playing basketball in Grade 3 or 4. It's amazing to have accomplished your dreams," explained the 24-year-old.

Phillips flew to London on July 20 with Team Canada and will compete against Russia on July 28.

You're the only player from Saskatchewan on Team Canada. What's that like?
It's what makes our team special. Not everyone is from Ontario and not everyone is from British Columbia.

You're six-foot-six. What's it like being the tallest person wherever you go?
I hardly notice it. It never seems to get old. I wouldn't be here with out my height so I just embrace it and enjoy.

How important is it playing for your country after a decade-plus of Canada failing to qualify for the Olympics?
Up until now we've experienced quite a bit of heartache. To get there 12 years later is monumental for us. It's a great step in the right direction for the women's program.

DORIAN GEIGER/METRO IN SASKATOON

Krista Phillips, a Saskatoon native and Team Canada women's basketball player, brings the ball up court at an Olympic qualifying match against Japan in Turkey. CONTRIBUTED

Details emerge about Aurora theatre rampage suspect

Colorado. Holmes was neuroscience student who quit PhD in June

The suspect in the Colorado shooting rampage displayed behaviour that a gun-range owner thought was "bizarre," but it is still unclear if anyone at the university where he studied had any hint of his plans.

Police said James Holmes began buying guns at Denver-area stores nearly two months before Friday's shooting. He also received at least 50 packages in four months at his home and the University of Colorado, Denver that authorities are investigating to see whether they contained materials for the potentially deadly booby traps that police found in his apartment.

At the same time, the quiet 24-year-old was in the final weeks of the first year of a rigorous PhD neuroscience program, where he took a three-part final exam required for students to progress in the program and was scheduled to give a presentation on microRNA biomarkers before abruptly leaving in June.

Holmes is being held without bond on suspicion of multiple counts of first-degree murder after a shooting rampage minutes into a premiere of the new Batman film The Dark Knight Rises in Aurora early Friday that left 12 people dead and 58 injured.

He is scheduled for an initial court hearing Monday and has been assigned a public defender.

Amid the continuing investigation of Holmes and his background Sunday was a day for healing and remembrance in Aurora, with U.S. President Barack Obama arriving to visit with families of the victims and a vigil planned for later in the evening. Congregations across Colorado prayed for the shooting victims and their relatives.

Holmes was being held in solitary confinement at a Denver-area county detention facility and was not co-operating with authorities, Aurora police Chief Dan Oates said.

"He lawyered up. He's not talking to us," the chief said.

Authorities are working with FBI behavioural analysts and are looking into Holmes' relationships to find a motive, which could take months, Oates said.

The owner of a gun range said that Holmes applied to join the club last month but never became a member because of his behaviour and a "bizarre" message on his voice mail. THE ASSOCIATED PRESS

Christine Watson, left, and her mother, Kathy, pay their respects to fellow parishioner Rebecca Ann Wingo at a memorial in Aurora, Colo. on Sunday.
AARON ONTIVEROZ/THE DENVER POST/THE ASSOCIATED PRESS

Norway pauses to mark anniversary of massacre

Norway on Sunday paused to commemorate the 77 victims of a bomb and gun massacre that shocked the peaceful nation one year ago, a tragedy that the prime minister said had brought Norwegians together in defence of democracy and tolerance.

In a wreath-laying ceremony at the bomb site, Prime Minister Jens Stoltenberg said Anders Behring Breivik had failed in his declared goal of destroying Norway's commitment to being an inclusive, multicultural society.

"The bomb and the gun shots were meant to change Norway," Stoltenberg told a sombre crowd of a few hundred people at the ceremony. "The Norwegian people answered by embracing our values. The perpetrator lost. The people won."

Tarps still cover windows of bomb-damaged buildings on the plaza, and large cement road blocks stop all but pedestrian traffic. Mounted police and officers with bomb-sniffing dogs were on site Sunday, but the security was not overbearing, as if to show that Norway was still an open society.

Survivors and families of victims gathered for a private ceremony on the island. THE ASSOCIATED PRESS

The attack

Anders Behring Breivik, a 33-year-old right-wing fanatic, has admitted to the July 22, 2011, attacks: A bombing in the government district in Oslo, killing eight, and a shooting rampage that left 69 dead at the left-wing Labour Party's youth camp on Utoya island.

Theodor Lindhjem, 2, lays a flower outside a cathedral in Oslo Sunday.
LISE ASERUD/NTB SCANPIX/THE ASSOCIATED PRESS

China

Deadly flooding may not be over

The heaviest rain to hit Beijing in six decades killed at least 10 people and left cars and buses submerged. Ten other storm deaths were reported elsewhere as China braced Sunday for more downpours. Saturday's rain knocked down trees in Beijing and trapped cars and buses in waist-deep water. THE ASSOCIATED PRESS

China's Sichuan province
LAN ZITAO/XINHUA/THE ASSOCIATED PRESS

Russia

Officials blamed for flood deaths

Russian police have detained three officials accused of failing to properly warn and evacuate residents in a southern region where floods killed scores of people this month, state investigators said Sunday. The flooding in the Black Sea region killed 171 people after torrential downpours. THE ASSOCIATED PRESS

Poland

Deportations remembered

Members of Poland's Jewish community and other Poles have marked the 70th anniversary of the first deportations from the Warsaw ghetto in 1942 with a memorial march through the city. There have never been major commemorations for the start of deportations to death camps on July 22, 1942. THE ASSOCIATED PRESS

A woman ties the names of Holocaust victims onto a former orphanage.
ALIK KEPLICZ/THE ASSOCIATED PRESS

Bulgaria

Bomber not ID'd after autopsies

Autopsies have provided officials with new information about the suicide bomber who killed five Israelis and a Bulgarian bus driver in the resort town of Burgas. But the attacker's identity appeared to remain unknown, and Bulgaria's government was investigating whether there was an accomplice. THE ASSOCIATED PRESS

Few celebrate third anniversary marking end of Great Recession

Global recovery. Three years on and trillions spent, economies still fragile in U.S. and Europe, while Canada's progress is deceiving

Few are noting the occasion, but about now Canada and the rest of the world should be celebrating the third anniversary marking the end of the Great Recession.

It was in the third quarter of 2009 — the July-September months — that Canada and many other major advanced nations began to breathe a little easier in the knowledge they had peered into the economic abyss and somehow survived.

Yet there are no signs of rejoicing, or even relief.

At separate stock-taking events last week, U.S. Federal Reserve chairman Ben Bernanke, Bank of Canada governor Mark Carney and the International Monetary Fund each had different versions of the same message — the global economy still hangs by a thread, growth is painfully slow and full employment is years away.

Europe is suffering through a Japan-style lost decade.

Canadians have been told repeatedly they have done better than most, and the message has become the reality.

France's L'Express magazine last week declared Canada "number 1" in a cover story, encouraging readers to pack up and head to the promised land.

The reality is a little more nuanced, though Canada looks awfully good next to much of Europe, which is now expected to be in recession the rest of the year.

But even in Canada, things might have turned out better. The first full year of recovery saw the output expand by an acceptable 3.2 per cent, but slow to 2.4 per cent in 2011. Depending on the forecast, it will likely slow further to between 1.5 and 2.1 per cent this year.

And that's gross domestic product, which includes population growth of about 1.2 per cent a year. Take away the fact there are more people in the country producing and spending, and the picture looks very different.

THE CANADIAN PRESS

Aiming for average

On a per-capita basis, Canadians are still not back to where they were before the 2008-09 crisis.

- Per-capita GDP in inflation-adjusted dollars peaked at $40,015.79 in the fourth quarter of 2007, and had only returned to $39,648.11 in the first quarter this year.

Murdoch retreats

Media mogul Rupert Murdoch, pictured entering the News Corp. building in New York last year, has resigned as a director of a number of News Corp. subsidiary boards in Britain and the United States, a spokeswoman confirmed Saturday. The announcement suggests that Murdoch may be distancing himself from his British newspaper interests, which have been shaken to the core by a widespread phone-hacking scandal. LOUIS LANZANO/THE ASSOCIATED PRESS FILE

Technology

Lab working on security shoe

A new lab at Carnegie Mellon University is working on shoe insoles that monitor access to high-security areas, like nuclear power plants. The idea is based on research showing that people have unique feet and ways of walking. Sensors in the footpad collect data and check the patterns. One expert says the technology could raise privacy questions. Attorney Lee Tien with the Electronic Frontier Foundation says it's a potential tracking device.

THE ASSOCIATED PRESS

Beyond coffee

Starbucks juiced with Evolution

Starbucks announced on Friday the opening of three more Evolution Fresh Inc. juice stores, in addition to the one it opened earlier this year. The Seattle-based company is also expanding distribution of ready-to-drink bottles of Evolution juice in stores to capitalize on the rapidly growing market for premium juices.

THE ASSOCIATED PRESS

Canadian TV viewers to get packaging flexibility

Canadian viewers frustrated with paying for television channels they don't want can expect more flexible packages in light of a new ruling by broadcast regulators.

The Canadian Radio-television and Telecommunications Commission has ruled in favour of proposals made by Bell Media and Telus Corp. to adopt a more flexible TV-package model.

"In this decision, one of our main criteria was flexibility and innovation in the packaging," said Denis Carmel, a spokesman for the CRTC.

Carmel said that while individual channels may cost more under the new model, consumers' bills may go down because they will be paying for fewer channels.

The CRTC could not provide details about the terms of the agreement, which is confidential.

The ruling reflects a marketplace that is moving towards more flexible packaging, where consumers only have to pay for what they want, said Carmel.

"In the old days there were huge packages where to get one channel you might have to pay for many more," said Carmel.

Kevin Crull, president of Bell Media, called the decision a victory for consumers.

"The CRTC has sent a very clear signal that it supports carriage arrangements that will deliver more packaging flexibility to consumers," said Crull.

"With this decision, Canada will maintain its position as a world leader in providing consumers with both a wide array of programming choices as well as packaging flexibility, all at affordable rates."

THE CANADIAN PRESS

Channel surfing extinct?

"In this decision, one of our main criteria was flexibility and innovation in the packaging."

Denis Carmel, a spokesman for the CRTC, on the Canadian Radio-television and Telecommunications Commission ruling

Ford. Manufacturing woes forced recall of Escapes

A manufacturing problem at a company that makes fuel lines forced Ford to recall thousands of its brand-new Escape small SUVs and tell owners to stop driving them right away.

Ford Motor Co. announced the recall Thursday, saying there was a risk of an engine fire. The recall involved 11,500 Escapes. About 4,800 have been sold to customers; the rest are still on dealer lots.

Ford urged customers in the U.S. and Canada not to drive the SUVs and to contact dealers. The problem affects only 2013 Escapes equipped with 1.6-litre, four-cylinder engines.

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Eurozone. Germany saves billions as safe haven for investors amid crisis

Germany has emerged as one of the biggest beneficiaries of the European financial crisis.

The bond markets have demanded that countries such as Italy and Spain pay prohibitively high borrowing costs to sell their debt amid worries over their sluggish economies and creaking government finances. Such high interest rates will burden these countries' state coffers for years to come.

Financially healthy Germany, meanwhile, has secured billions of euros in debt at record-low — sometimes negative — interest rates.

Germany has long been seen as a safe bet. It is Europe's biggest economy and is the biggest single contributor to eurozone rescue funds, with a gross domestic product of $3.17 trillion US. The country's economy has grown steadily in the past two years and, with quarter-on-quarter GDP growth of 0.5 per cent, prevented the eurozone as a whole from sliding into recession in this year's first quarter.

THE ASSOCIATED PRESS

Germany is the biggest single contributor to eurozone rescue funds. THE ASSOCIATED PRESS FILE

StatsCan. Inflation rate rises to 1.5% in June, consumer prices stable

Canada's annual inflation rate rose slightly to 1.5 per cent last month, but most consumer prices stayed well in check and there were few signs of building-cost pressures in any region of the country.

Statistics Canada said increases in the price of passenger vehicles, electricity, food, and homeowners' replacement costs were mostly responsible for June's slightly higher rate, which was up three-tenths of a point from May.

Economists had actually projected an even greater uptick given May's extremely low reading of 1.2 per cent.

But they also cautioned that most of the increase would be temporary, caused by unusual base-effects from a year earlier when gas prices were receding and auto dealers launched an aggressive program of discounting. The agency noted that discounting occurred this June as well — with car prices 2.7 per cent lower than they were a month earlier — but less so than a year earlier.

As well, gasoline prices continued to trend downwards this June by 3.2 per cent from May, but not as sharply as last year at this time.

THE CANADIAN PRESS

Expensive electricity

5.9%

The key standout in Friday's report was that the cost of electricity rose by 5.9 per cent from last year, with most of the increases in Ontario, Alberta and British Columbia.

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A LIFE SPANNING 3 CENTURIES

URBAN COMPASS
Paul Sullivan
regina@metronews.ca

There's a woman living somewhere in Saskatchewan who was born on July 1, 1899.

That would make her 113.

We don't know her name. The Ministry of Health can only remark on her age, which is remarkable indeed. She's not one of the top-10 oldest people alive, but she's probably in the top 20.

The oldest person alive, by the way, is Besse Cooper of the U.S., who is closing in on 116 (115 years, 328 days as I write). Our Saskatchewan supercentenarian — as anyone over 100 is called — is certainly older than Merle Barwis of B.C., who had previously been thought to be Canada's oldest person, 111 years young.

Imagine being born in 1899. First, you were lucky to be born. Antibiotics weren't invented until 1935, and the infant mortality rate was more than one in 10.

113 years young

"Saskatchewan Woman has seen it all, including the entire 20th century, from beginning to end."

Once you were old enough to look around, things looked a lot different than they do now. Saskatchewan wasn't even a province until 1905; in 1899 it was part of the North-West Territories. Pile-of-Bones wasn't incorporated as a city until 1903, and Saskatoon followed in 1906.

A few things were missing, like automobiles, washing machines, refrigerators, bottles, radioes, TVs, etc. Not to mention the Internet. Never mind Amazon or EBay; you had to buy your winter woollies from the Eaton's catalogue and hope they delivered out your way.

Horses and carts were how you got from here to there. If you were lucky you could take the train, though who had money for a train ride? The average yearly wage for a working man was $375. Of course, a pound of coffee cost 35 cents in 1899; now you're lucky to find a (small) cup for under $2.

Saskatchewan Woman has seen it all, including the entire 20th century, from beginning to end. She's been ringing in the new year longer than Dick Clark. In fact, at the rate she's going, she could outlast Ryan Seacrest.

While people are living longer generally — the average Canadian life expectancy is 80.7 (we're tied for 10th with France and Macau) — there's something exceptional going on in Saskatchewan. StatsCan says that Saskatchewan has the highest rate of people over 100 in the country, twice the natural average. They build them to last in Next Year Country, probably so they'll get to next year.

Saskatchewan Woman has lived long enough to see what few expected: An era of unprecedented prosperity. The population of the province was over 900,000 in 1951; it has only recently started growing again, as people come looking for work in a place where there's a job for everyone who wants one.

In fact, Saskatchewan Woman has outlasted Next Year Country. She's the oldest citizen of Now Country. Happy birthday! Now tell us your name so the Queen can send you a birthday card … before you outlast her, too.

Olympic volleyball

London weather threatens itsy-bitsy bikinis

Two piece or not two piece: That is the question.

Chilly weather and evening matches at the London Olympics may force a cover-up in beach volleyball — from bikinis to long johns.

"We need it to keep our muscles warm," Australian competitor Tamsin Hinchley said Sunday. "It's an extremely strenuous sport."

Yes, but let's get real. Long sleeves and leggings aren't exactly the main draw for lots of beach volleyball fans.

Asked if she thought it would be a turnoff for some fans, Hinchley said no, she thought the atmosphere would still be rocking at Horse Guards Parade.

And the gear has already been a common — even if not entirely popular — sight on the world beach volleyball tour this year. It's now part of the uniform, Hinchley said.

"Obviously we're that sport, we're the sport that wears the bikinis and we're the sport that's physically out there," she said. "But we're jumping and running and sliding on the sand. We'll be using it (cold-weather gear) to benefit us physically. We'll definitely be taking it."

THE ASSOCIATED PRESS

The running of the brides

DARKO VOJINOVIC/THE ASSOCIATED PRESS PHOTOS

On your mark ...

It's as if they are racing to the altar

Brides prepare for a race in central Belgrade, Serbia, on Sunday.

The winner and two runners-up of the Bridal Race, organized by a local magazine, receive numerous awards and the wedding gown they chose to race in.

THE ASSOCIATED PRESS

A runaway bride's footwear.

Bride wars

50

About 50 women took part in the event, which was a 150-metre sprint through Belgrade's streets.

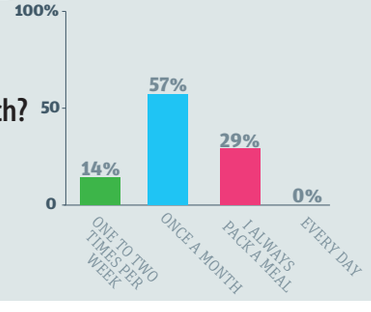
Just run with it

Just as Spain has the Running of the Bulls, Serbia has the running of the brides every year.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How often do you eat out for lunch?



Twitter

@Kanarisp:
It's getting warm out there #yqr. It's 21 C. Get out there!

@perryeh:
Last nights @PileOBonesDerby gals hit the track. Funny how roller derby has made a comeback! #Gravediggers #yqr

@Angelaislost:
The run around Wascana Lake is beautiful, but there are far more geese than I remember! #YQR

@rmol:
Oh my goodness @CityofRegina, what is going on with the water treatment plant?! It smells terrible in the north west. #yqr

@brendan_dickie:
Does anyone else find that most of the housing popping up in #yqr is just way too big?

@Crel:
Still quite a few storms south of #YQR, but they are a disorganized mess.

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The 20-year itch

Unwilling to start collecting dust in the seat crack of pop music, a spate of bands whose heydays are a couple decades in the rear view are back with a vengeance. Hollaback No Doubt, Garbage, Cranberries, and I Mother Earth, and, not to be left out of the fold, The Backstreet Boys, are once again back in the spotlight.

MIKE DOJC
scene@metronews.ca

Backstreet Boys

Heyday: 1996-2000

Kevin, AJ, Brian, Howie, and Nick are back alright…but are they still everything you need? While the aging heartthrobs released a pair of albums in Kevin's absence, '07s Unbreakable and '09s This is Us, the band's core audience has been inconsolable since the oft-goateed member left. The reunion kicks off August 31 with a free concert in Central Park. A new album and a full-scale tour set for spring of next year is also in the works. Fans who can't wait that long to get their fix of returning singer Kevin Richardson can hunt down a pair of indie flicks he starred in this year: The Casserole Club, a wife-swapping drama set in the 1960s, and The Bloody Indulgent, a vampire musical.

Signature Songs: I Want it That Way, Show me the Meaning, As Long as You Love Me

The Cranberries

Heyday: 1993-1999

This Limerick-Ireland-based quartet hadn't released a studio album since 2001, and fans were missing their lush and lilting brand of poignant sonic dreamscapes. Seamlessly alternating between sweet "di, do-do doo" lullabies and more attitudinally tart fare, the Cranberries are at their best when they temper their melodic sweetness with notes of sour anguish. The band sticks to their knitting on 2012's Roses, re-teaming with their original producer Stephen Street to recapture their magic. During their downtime, singer Dolores O'Riordan dropped a pair of solo albums and lead guitarist Noel Hogan delved into electronica starting up Monoband, which spun into the side project's current incarnation, Arkitekt. Since reconvening, the Cranberries have been busy busting out tunes on the road and will be on a European swing this coming fall with stops from Bucharest to Barcelona and many points between.

Signature Songs: Dreams, Linger, Zombie

Garbage

Heyday: 1995-2001

With a name that gives a wry wink at the disposable nature of pop music, Garbage, assembled by Butch Vig (the super producer behind Nirvana's Nevermind), and a couple of his rock-vet pals, was originally a side project. Tapping Angelfish singer Shirley Manson to front the band made them one of the decade's steamiest acts. After seven years of hibernation following the underrated Bleed Like Me, Garbage returned with the nostalgia-mining Not Your Kind of People. Garbage's new material recycles the post-Grunge underpinnings of their self-titled debut and melds it with the spit-shined polish of their sophomore release Version 2.0 to create a vital new sound. During their self imposed exile pouty-lipped Manson stole scenes as a chilly yet sexy liquid metal Terminator in FOX's The Sarah Connor Chronicles while Vig earned himself a Grammy producing Green Day's 21st Century Breakdown.

Signature Songs: Only Happy When It Rains, Stupid Girl, I Think I'm Paranoid

I Mother Earth

Heyday: 1993-1999

After an eight-year layoff since disbanding in the aftermath of 2003's The Quicksilver Meat Dream, IME was resurrected when they took the stage at Toronto's Sound Academy this past March for a pair of sold out shows. Bryan Byrnes, who took over from Edwin on 1999's Blue Green Orange, is back behind the mic and the Tanna brothers Christian and Jagori unleashing the band's beefy sonic onslaught on drums and guitar while Bruce Gordon checks back in on bass. The new single We Got the Love is a hard rocking, high-wattage pick-me-up that stands up to the band's most loved hits and longtime fans are lapping it up. With fellow mid-90s Canadian alt-rock radio regulars Treble Charger and Tea Party also recently getting their acts back together we smell a formidable triple bill in the near future.

Signature Songs: Levitate, One More Astronaut, Another Sunday

No Doubt

Heyday: 1992-2001

Ska-revivalists No Doubt rocked steady throughout the 1990s but haven't jammed on new material in over a decade. Settle Down, the first single of their upcoming album Push and Shove, is a bouncy tour de force produced by Diplo (Beyoncé, M.I.A) charged by waves of Caribbean dancehall and frontwoman Gwen Stefani's infectiously perky pop-vocals. Since they've been gone the platinum blonde singer has released a pair of well-received solo albums, started a couple of fashion labels in L.A.M.B. and Harajuku Lovers, and gave birth to her two sons Kingston and Zuma. Bottle blonde bassist Tony Kanal also kept busy producing and laying down tracks with the likes of Pink and Weezer.

Signature Songs: Just a Girl, Don't Speak, Hey Baby

Ricky Martin. Singer loving the Broadway life

Ricky Martin says Broadway is a monster that requires discipline, concentration and dedication, but Evita's Che is feeling so happy and so at home that he can't imagine moving for a while. In an interview at the Marriott Marquis Hotel in Times Square, New York, which houses the musical based on the life of Argentina's first lady Eva Peron, Martin said he's never been challenged as much as in the Tim Rice and Andrew Lloyd Webber spectacle and that this is, precisely, what has him "hooked" on Broadway, where he debuted in 1996 as Marius in Les Miserables. Martin has already decided to stay in the Big Apple at least for a while, calling it a "fascinating" and multicultural city for his soon-to-be-twins, Matteo and Valentino.

You were born for the stage and certainly for one on Broadway. Any immediate plans to work on other musicals or plays after Evita?
I love being onstage. I love what's happening with Evita. The reaction that I get every night from the audience, the emotions, the feeling, what I'm feeling every night onstage is, is simply beautiful. It's never the same, you never get bored, it's very challenging. Do I want to come back to Broadway? I would love to do Broadway the rest of my life! Because it's challenging, because it makes me grow as an actor, as an entertainer, as an artist, and that's what I need, that's what I'm hooked on.

Would you consider staying here in New York?
I AM staying here in New York! Those are my plans. Anything can change in show business, you know how it goes, everything changes from one day to the other. But my idea is to stay here for a while.

THE ASSOCIATED PRESS

Ricky Martin. THE ASSOCIATED PRESS

Scene in brief

Studios silent on box office brags

A Warner Bros. executive emailed a fact sheet about The Dark Knight Rises to Hollywood reporters a few days ago and ended with two hopeful syllables for the film's box-office prospects: "Ka ching." Cash registers have indeed been ringing at theatres worldwide this weekend as millions shell out for the finale to Christopher Nolan's epic Batman trilogy. But the shootings that left 12 dead and 58 wounded at a Dark Knight Rises screening in Colorado on Friday have silenced the usual box-office crowing by studios to let the world know they've unleashed another blockbuster. Warner, the studio behind the Batman flicks, decided to hold off on releasing debut numbers for The Dark Knight Rises this weekend out of respect to the shooting victims and their families. Other studios followed suit, saying that like Warner, they would not issue their usual Sunday estimates, waiting instead until Monday, when they normally release final dollar counts for the weekend. There's no doubt that The Dark Knight Rises will be the No. 1 film in America and beyond. Before Warner opted against weekend box-office reporting, the studio announced that the film took in $30.6 million domestically from shows that started just after midnight Friday.

THE ASSOCIATED PRESS

On the web

PBS gives Downton Abbey season 3 sneak peek

Mariah Carey. ALL PHOTOS GETTY IMAGES

Mariah Carey eyes judges role on Idol

With Mariah Carey rumored to be close to signing on as a new judge for American Idol, the last remaining judge for the reality singing competition wants to make it clear that he isn't going anywhere.

While serving as guest host on The View last week, Randy Jackson announced that he is not leaving American Idol, despite speculation he might be following Jennifer Lopez and Steven Tyler, who recently left the show.

"Steven and Jennifer are truly two of the most talented and consummate professionals I've worked with," Jackson recently told Gossip Cop about his co-workers' departure. "I was friends with them before we hopped on this crazy journey together and I have no doubt our friendships will continue long after." Jackson's statement still leaves open the possibility that he'll move from the judges' table to a mentorship role on the show, leading to a completely new panel of judges.

Katie Holmes

Katie Holmes making return to Broadway

Katie Holmes is wasting no time getting back to work after he divorce drama with Tom Cruise — starting with a return to Broadway.

Holmes is slated to star in Smash creator Theresa Rebeck's new play, Dead Accounts, according to Us Weekly.

The play will open this fall at New York's Music Box Theatre.

Holmes previously appeared on Broadway in All My Sons in 2008.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Group going Gaga over her gay ways

THE WORD
Monica Weymouth
scene@metronews.ca

Pop stars can't catch a break today from the crazies.

The Florida Family Association is blaming Lady Gaga's hit single Born This Way and the singer's charitable foundation of the same name for encouraging teens to feel like worthwhile humans.

"Born This Way sends an irresponsible message to many teens who would have eventually chose to be straight," says the organization's website. "Thousands of kids who might have otherwise worked through their pubescent sexual identity issues (to) be inspired to accept the wrong choice based upon (her) unscientific, emotionally charged propaganda,"

The group is also encouraging followers to boycott retail chain Office Depot for donating $1 million to the Born This Way foundation.

No, guys — just no.

Although we do worry she sends an irresponsible message to the many teens who would have eventually chose not to wear a dress made from decapitated Muppets.

Posh Spice.

Wannabe singers looking to Spice up Olympics

The Spice Girls are set to reunite for a performance to mark the closing of the 2012 Summer Olympics in London on Aug. 12, a source confirms to Us Weekly.

The group, which split up in 2001, hasn't performed together since their 2008 reunion tour. All five original members will be taking part, according to the source, and the group is expected to do two songs, including their debut hit, Wannabe. Other performers at the event will include George Michael, the Who and Jessie J, according to the source.

Usher.

Usher struggles with stepson's death

R&B singer Usher is mourning the death of his 11-year-old stepson, Kyle Glover, who succumbed to injuries suffered in a jet ski accident earlier this month, according to TMZ.

Glover was riding on an inner tube being towed by a motor boat when a family friend's jet ski collided with him on Lake Lanier, Atlanta, Ga.

The boy was hospitalized and declared brain dead shortly after.

Twitter

@MissKellyO
I NEED HELP FROM A TECHY! i just deleted a really important work email from my trash how can i get it back?

@victoriabeckham
London is AMAZING!!! so beautiful!!!! love being home, on a boat trip with the kids!!!

@rejectedjokes
Just filled out a Mad Lib with Justin Beiber. He put SWAG in for everything. Noun, verb, pronoun... everything. SWAG.

@ConanOBrien
Athletes at the Olympics are being issued 15 condoms each. Or as the men's table tennis players put it, "14 condoms too many."

Her husband donated sperm

Families. ...to a lesbian couple, and that's fine by her, says one mom

KOA BECK
mommyish.com

One lesbian couple accepts a sperm donation from a family friend. THINKSTOCK

Alana's husband had never donated sperm before. Although the mother of three had contemplated egg donation from time-to-time, her husband had never considered the opportunity to help a family in need, both before their marriage and after.

But when the couple's friends Jennie and Susan watched yet another sperm donor fall through, Alana and her husband decided to present them with an offer.

Two years ago after Alana welcomed her third child, Jennie and Susan were approaching the year mark of a struggle to get pregnant. Many legal barriers prevented the aspiring mommies from even getting married, let alone becoming parents — a predicament that deeply touched both Alana and her husband.

After consulting a lawyer on waiving all parental rights, the couple approached Jennie and Susan with the chance to use "their" sperm.

"They were surprised and grateful because the area where we lived is very conservative and most of our mutual friends were either neutral to their struggle or privately against it," Alana remembers.

The ladies didn't just hop at any sperm sample though.

Quoted

"An anonymous sperm donor had never appealed to the couple and the idea of reaching out to friends with similar values greatly interested them."

Only after some questioning about her husband's health and family medical history — which included no major genetic diseases — did the two mommies green light the idea. An anonymous sperm donor had never appealed to the couple and the idea of reaching out to friends who shared similar values greatly interested them. A sparkling family medical history and Alana's three healthy children ultimately had the two women consenting to expand their family with her husband's sperm.

She describes Jennie and her partner as being "very open" to both Alana and her family having limited involvement with the hypothetical child, hashing out potential visits and the routine sending of photos.

The "crunchy, natural lifestyle" ladies were adamant about attempting a more "organic" method for conception before going the IVF route. Upon removing heterosexual sex from the table, the soon-to-be mommies decided on at-home insemination and asked Alana's husband to deposit a sperm sample in a sterile cup at their home. Within the next hour, the couple used a sterile medical syringe, similar to what is used with infants, inside Susan. Although the couple was prepared to go through five rounds of at-home insemination before trying more conventional approaches, the mothers conceived on their second round — a rarity for their preferred method. Susan and Jennie eventually welcomed a baby girl.

"Jennie and Susan are two of the most loving, awesome people we have ever met and if anyone deserved to be mothers it was them. My husband and I both feel honoured and touched that we could be a part of helping them realize their dream of being parents," Alana tells Mommyish. "But in the end they are her mommies and my husband and I are just family friends."

First peanuts, now eggs

Doctors have reversed allergies in some children and teens by giving them tiny daily doses of problem foods, gradually training their immune systems to accept them.

In the best test of this yet, about a dozen kids were able to overcome allergies to eggs, one of the most ubiquitous foods, lurking in everything from pasta and veggie burgers to mayonnaise and even marshmallows. Some of the same doctors used a similar approach on several kids with peanut allergies a few years ago.

Don't try this yourself, though. It takes special products, a year or more and close supervision because severe reactions remain a risk, say doctors involved in the study, published in Thursday's New England Journal of Medicine.

"This experimental therapy can safely be done only by properly trained physicians," says a statement from Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, the federal agency that sponsored the study.

It didn't work for everyone, and some dropped out of the study because of allergic reactions. But the results "really do show there is promise for future treatment" and should be tested now in a wider group of kids, said the study's leader, Dr. A. Wesley Burks, pediatrics chief at the University of North Carolina, Chapel Hill.

Training a child's immune system to tolerate even small amounts of egg to prevent a major reaction was the study's goal. It enrolled 55 children ages five to 18. Forty were given tiny daily amounts of powdered egg white, the part that usually causes the allergy. The other 15 were given a dummy treatment for comparison. The amounts were increased every two weeks until kids in the treatment group were eating about one third of an egg each day.

THE ASSOCIATED PRESS

Doctors are working on reversing egg allergies in kids and teens. ISTOCK

3 LIFE

Health

Whooping cough rising

The U.S. appears to be headed for its worst year for whooping cough in more than five decades, with the number of cases rising at an epidemic rate that experts say may reflect a problem with the effectiveness of the vaccine.

Nearly 18,000 cases have been reported so far — more than twice the number seen at this point last year, the Centers for Disease Control and Prevention said Thursday. At this pace, the number for the entire year will be the highest since 1959, when 40,000 illnesses were reported.

Nine children have died, and health officials called on adults — especially pregnant women and those who spend time around children — to get a booster shot as soon as possible.

Whooping cough has generally been increasing for years, but this year's spike is startling. Health investigators are trying to figure out what's going on, and theories include better detection and reporting of cases, some sort of evolution in the bacteria that cause the illness, or shortcomings in the vaccine.

THE ASSOCIATED PRESS

On the Web

Watch out, Tim Hortons: Canadians getting hooked on single-serve coffee machines

Go wild for Wild Mushroom Risotto sans all the calories

Wild Mushroom Risotto with Parmesan and Asparagus

This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

I love risottos but the restaurant versions are loaded with butter, cream or cheese. This risotto is easy to make and has little fat and few calories by comparison (4.9 g of fat and 196 calories per serving).

For a more elegant risotto, try using truffle oil.

1. Lightly coat saucepan with cooking spray, add oil and set over medium-high heat. Add onion and garlic, and sauté 5 mins. or until onions are just tender and lightly browned. Add the mushrooms and sauté for about 8 minutes or until the mushrooms are no longer wet.

2. Add arborio rice and sauté 1 minute. Add 1 cup of the stock and simmer until the stock has just been absorbed. Continue adding 1/2 cup stock at a time, stirring until absorbed; repeat until all the stock has been used (about 20 minutes in total). Add the chopped asparagus with the last 2 cups of stock and cook until the asparagus is tender-crisp, about 3 minutes, and the liquid is absorbed.

3. Add all but 2 tbsp of the grated Parmesan cheese, the salt and pepper and mix well. Garnish with the remaining Parmesan and the basil. Serve warm. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)**

Ingredients

- 2 tsp vegetable oil
- 1 cup finely chopped onion
- 2 tsp finely chopped garlic
- 4 cups chopped wild mushrooms (try oyster, shiitake and/or portobello)
- 1 cup arborio rice
- 3 1/2 cups vegetable stock
- 1 cup chopped asparagus (cut into 1-inch pieces)
- 1/3 cup grated Parmesan
- pinch of salt and pepper
- 1/4 cup chopped fresh basil

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit
rosereisman.com

We all have an inner kid and that kid most likely loves chocolate. Be careful because your sweet tooth may cost you.

Glosette Almonds (85 gms)

460 calories/ 34 gm fat/ 30 g sugar
A handful of these chocolate-covered almonds contains one third of your daily calories and half your daily fat. It's also tough to stop at one handful.

Equivalent

One 85-gram box of Glosette Almonds is equal in fat to six strawberry sundaes from McDonald's.

Juinor Mints (85 gms)

340 calories/ 8.5 gm fat/ 68 g sugar
Chocolate-covered mints contain less calories and fat but more sugar.

World screams for Canadian gelato

HEATHER GREENWOOD DAVIS
Life@metronews.ca

What does it take for a Canadian to beat out a host of artisans from around the world in the land where Gelato reigns king?

Some Quebec maple syrup, California pecans (toasted and infused with Maldon sea salt, as well as caramelized) and a whole lot of moxy.

Luckily, James Coleridge has all three.

The Ottawa-born gelato maker, whose Vancouver shop Bella Gelateria regularly has lineups out the door at its sole location, got word this month that he's won two of the coveted top prizes at the Gelato Festival in Florence, Italy.

The competition is the world's largest for gelato makers and Coleridge beat out 29 Italians for the top prize.

"I consider myself a custodian of an old-world process," says Coleridge, who admits he "jumped around like a jellybean for about a half hour" when he heard the news that he'd won both the technical jury prize and the People's Choice awards.

Being an artisanal gelato maker is about more than the all-natural ingredients that go into the process, Coleridge says. He uses his Italian training, skill, artistry and dedication to whip up fresh small batches of his Gelato creations (that range from Tahitian Vanilla to the award-winning Noce Pecan e Sciroppo d'Acero Canadese – Pecan and Canadian Maple Syrup) from original recipes that can take as long as 45 days to perfect.

James Coleridge. SUBMITTED

Still, he says there are plenty of ways you can enjoy gelato at home.

"Gelato is best eaten fresh and not stored in a freezer for much time," he cautions.

Another tip: "Serve it using a tablespoon, never an ice cream scoop! (Scoops) are an ice cream thing," says Coleridge who is clear, "Gelato is not ice cream. We don't use their paraphernalia." **HEATHER GREENWOOD DAVIS IS A FREELANCE WRITER BASED IN TORONTO. FIND HER AT GLOBETROTTINGMAMA.COM**

Find the perfect gelato

Here are Coleridge's three tips for finding the best gelato.

- **Flavours.** Stay away from flavours that are too reminiscent of ice cream (Cookies and Cream and Bubble Gum, for example) but consider opening your palate to flavours that aren't exclusively Italian like Akbar Mashti (saffron, rosewater) and Black Sesame.
- **Close your eyes.** Pretty syrups and gummy bears have no place in a good artisanal gelato. If they have to sell it to you by what it looks like, it probably doesn't have much taste.
- **Watch for windows.** Beware big, open air serving windows. Gelato is sensitive. Even one ice crystal can wreak havoc on its taste. Artisanal makers make small batches by hand and seal them tight against the freezers in which they are stored.

"Gelato is best eaten fresh and not stored in a freezer for much time," says gelato maker James Coleridge. ISTOCK

A new line of duty: Former cop reaches out by writing his way to recovery

Success in sobriety. Gary Rubie has penned a book to help those out there in pain

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

As a police officer with 25 years of service, Gary Rubie dealt with suicides, assaults, homicides, armed robberies and the murders of 15 police officers. The work-related trauma took its toll and Rubie started to experience nightmares and overwhelming depression. He ended up addicted to alcohol and pain killers.

Gary was diagnosed with post-traumatic stress disorder and got help. He started to write about his experiences and was eventually encouraged to put his stories and poems into a book called Out On a Cliff.

"I want to stop one person from committing suicide. For the person suffering from crippling depression I want them to know there is a light at the end of the tunnel.

If one person is about to pick up a drink or use drugs there is another way out. You don't have to destroy your mind and body anymore."

For 25 years, Rubie put his life on the line everyday as a police officer. Today, he has a new career. He's giving people hope.

"It's a miracle I'm alive today. I should have been dead 20 times over. From now on I plan to give back and help others."

CORRECTION: LAST WEEK'S IN-CREDIBILITY COLUMN FEATURED SINGER MEREDITH SHAW, WHOSE GIRL WHO BELIEVES CONTEST WAS LISTED AS BEING OPEN TO GIRLS 11-17. THE CONTEST IS, IN FACT, OPEN TO FEMALE APPLICANTS 11 YEARS OLD AND UP.

Help yourself

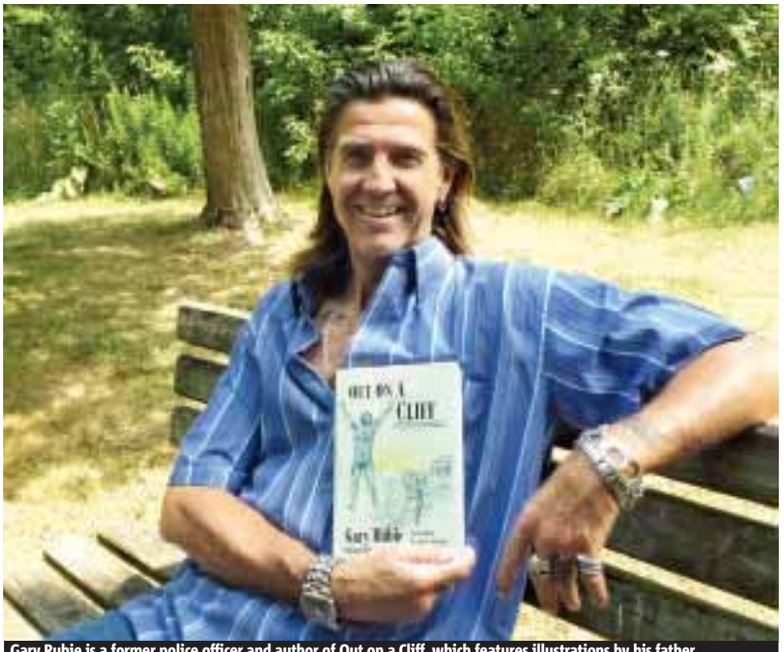
Thoughts on recovery

- Surrender and be completely honest
- Turn your will and your power over to something greater than you
- Live one day at a time
- Be kind and gentle with yourself
- Self forgiveness is the key to internal healing.

Don't give up

"For the person suffering from crippling depression I want them to know there is a light at the end of the tunnel."

Gary Rubie



Gary Rubie is a former police officer and author of Out on a Cliff, which features illustrations by his father, Henk Rubie. KIRSTYN RUBIE

When and how to play hardball at work

Ask and you shall receive. Three tips that will help you discuss what you deserve at the workplace

JULIA WEST
Metro World News in Philadelphia

It's not easy when what you want is right in front of you, but you're not quite sure how to get it.

At work you may feel that you deserve a raise or that you're the best candidate for a promotion, but you don't know how to let your boss know it.

While your track record should do most of the talking, we've learned a few tricks that may help tip the scales in your favour.

Be prepared

This cannot be stressed enough.

Make sure that you can point to specific achievements during your negotiations to add foundation to your request.

"You must have already sold the individual on the idea that you are the candidate for the position," says Grant Cardone, author of If You're Not First, You're Last and executive producer of National Geographic's Turnaround King.

In addition, Morgan Norman, co-founder/CEO of performance management system WorkSimple, says that "your manager needs to understand why you deserve a new job title or more money, as opposed to just saying you want it."

Be positive

Your boss might say no, but that doesn't mean you should close the book on the negotiation forever.

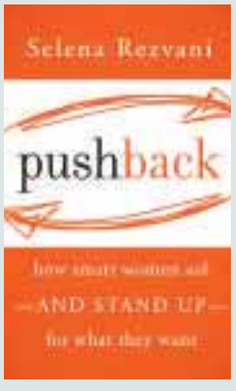
"Timing is everything," Selena Rezvani reminds us.

"Try asking a second time under different circumstances."

Sometimes a "no" is a good thing, because it proves you're asking for something better. "If you never hear 'no,' you're probably not asking for enough," says Rezvani.

Cool and courageous

Be confident in your approach



Don't be afraid to ask for what you want. "People too often set low expectations for themselves when entering a negotiation," explains Selena Rezvani, author of Pushback: How Smart Women Ask — And Stand Up — For What They Want. "Always start with an ambitious outcome that would delight and thrill you, not just simply satisfy you."

Presenting yourself as prepared, confident and positive can help you get what you want. ISTOCK

4 SPORTS

MLB

"My inclusion in the Hall of Fame is the ultimate validation. I want to thank you all for helping me along the way."

Former Cincinnati Reds star Barry Larkin, who was inducted into the National Baseball Hall of Fame and Museum on Sunday in Cooperstown, N.Y. Larkin, who played his entire 19-year career with the Reds, retired after the 2004 season with a .295 career batting average, 2,340 hits, 1,329 runs scored and 379 stolen bases. The late Ron Santo, star third baseman for the Chicago Cubs and later a broadcaster for the team, was also inducted Sunday.

"This is not a sad day. This is a great day. I'm certain that Ronnie is celebrating right now."

Ron Santo's widow, Vicki

Mobile sports

LeBron James finally got his championship and Kevin Durant might be the NBA's brightest young star. But entering the twilight of his illustrious career, Kobe Bryant is the most sought-after personality when the U.S. Olympic basketball team heads overseas. Scan the code for the story.

Ernie Els holds up the Claret Jug trophy after winning the British Open Golf Championship at Royal Lytham and St Annes golf club Sunday in England.
PETER MORRISON/THE ASSOCIATED PRESS

Easy does it: Els takes Open title

PGA. Australian Adam Scott bogeys final four holes while Els finds something special

Quoted

"I'm going to try and come and see you this evening. I'm supposed to go to Canada but I think I'm going to blow that thing off." **In his victory speech, Ernie Els** said that he planned to visit his family in London. His quip about skipping the Canadian Open sent staff scrambling to try to confirm he was coming. They could not confirm, though the South African said in his speech he would try to get to Canada on Tuesday.

Ernie Els felt something special could happen at the British Open, and it did.

All because of a collapse by Adam Scott that no one imagined.

Four shots ahead with four holes to play — after eight straight holes with nothing worse than par — Scott bogeyed them all and had to fight back tears on the 18th green Sunday as the magnitude of his meltdown began to sink in.

Els, who started the final round six shots behind, finished off a flawless back nine with a 15-foot birdie putt for a 2-under 68 that looked as if it would do little more than lock up another runner-up finish at Royal Lytham and St. Annes. Instead, he wound up with his second British Open — the other one was 10 years ago at Muirfield — and fourth major championship.

"Amazing," Els said. "I'm still numb. It still hasn't set in. It will probably take quite a few days because I haven't been in this position for 10 years, obviously. So it's just crazy, crazy, crazy getting here."

The celebration was muted, unlike his other three majors.

"First of all, I feel for Adam Scott. He's a great friend of mine," Els said. "Obviously, we both wanted to win very badly. But you know, that's the nature of the beast. That's why we're out here. You win, you lose. It was my time for some reason."

Scott said: "I had it in my hands with four to go. I managed to hit a poor shot on each of the closing four holes. Look, I played so beautifully for most of the week. I shouldn't let this bring me down.

"I can't justify anything that I've done out there. I didn't finish the tournament well today. But next time — I'm sure there will be a next time, and I can do a better job of it."

THE ASSOCIATED PRESS

Tour de France. Wiggins blazes trail for British cycling

Twenty-three years ago, Bradley Wiggins marvelled as Greg LeMond blazed a trail as America's first Tour de France winner. Now, he has blazed his own.

The 32-year-old from gritty northwest London became Britain's first winner of cycling's greatest race on Sunday, ending a 75-year drought for his country with an imperial conquest of the roads in France.

Wiggins had locked up the yellow jersey a day earlier by winning the final time-trial and Sunday's ride onto the Champs-Élysées was largely ceremonial for him.

But putting the coveted shirt to work one last time, he added a touch of class by providing a lead out to Sky teammate and fellow Briton Mark Cavendish to get his third Tour stage victory — the 23rd of his career — in a sprint. The Isle of Man native is a main contender to win road-race gold at the Olympics in London, which has been a hovering presence over the peloton in this Tour.

Wiggins congratulated his teammates after crossing the line, hugged his wife, and clutched the hands of their two children. A soprano sang "God Save the Queen," and Wiggins thanked the crowd with a touch of British humour.

"Cheers, have a safe journey home, don't get too drunk," he quipped.

"It's been a magical couple of weeks for the team and for British cycling," Wiggins said. "Some dreams come true. My mother over there ... her son has won the Tour de France."

THE ASSOCIATED PRESS

Bradley Wiggins leads teammate Mark Cavendish past the Arc de Triomphe on the Champs-Élysées Sunday in Paris. DOUG PENSINGER/GETTY IMAGES

MLB

Jays complete sweep of Red Sox

Brett Lawrie hit the game's first pitch for one of Toronto's four homers and the Blue Jays tagged Jon Lester for a career-worst 11 runs in a 15-7 victory that completed a three-game sweep over the Boston Red Sox on Sunday.

J.P. Arencibia, Rajai Davis and Travis Snider also homered for the Blue Jays.

Toronto (48-47) posted a season high for runs and climbed out of the AL East cellar, moving a half-game ahead of the Red Sox (48-48). The Blue Jays matched their season high with 18 hits.

Henderson Alvarez (6-7) pitched 5 2/3 innings, giving up seven runs.

THE ASSOCIATED PRESS

Motor racing

Castroneves gets breakthrough in Edmonton Indy

After four years of frustration, Helio Castroneves finally broke through Sunday and won the Edmonton Indy.

The Brazilian racer beat frontrunner Alex Tagliani out of the final pit stop, took the lead, and held off Japan's Takuma Sato by less than a second for the checkered flag at the City Centre Airport.

Will Power, Castroneves' Penske teammate, was third, 5.4 seconds off the pace.

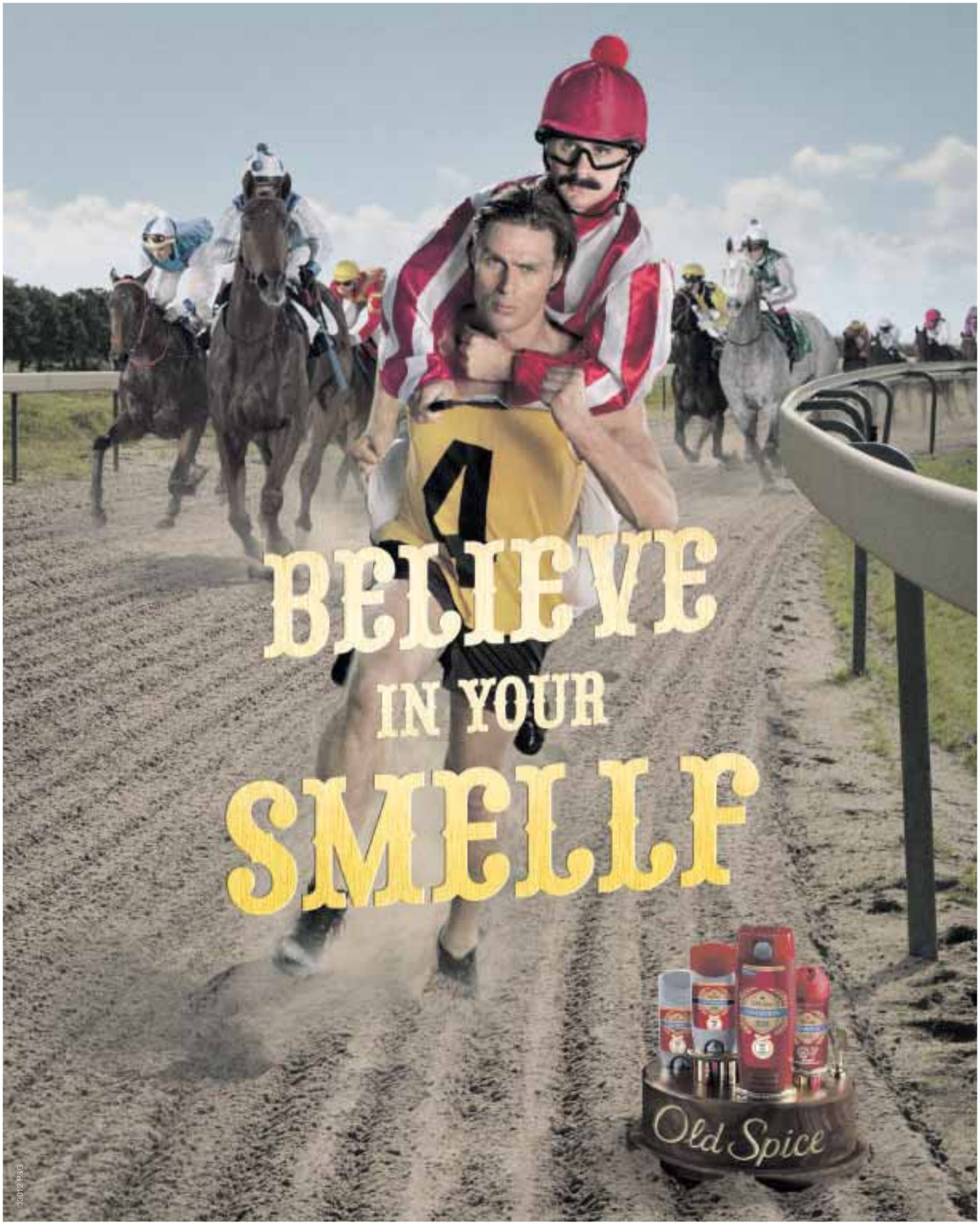
For Castroneves, it was a big weight off his shoulders in the Alberta capital.

He had finished second three times in the last four races in Edmonton. In 2010 he took the checkered flag only to be stripped of the win for blocking Power.

"It's my second win here — but today it counts," said the 37-year-old from Sao Paulo.

THE CANADIAN PRESS

Helio Castroneves celebrates at the IndyCar race Sunday in Edmonton. THE CANADIAN PRESS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Gaining power from the past

Weightlifting. Medal contender Girard inspired by Canada's former strong-women

Quoted

"That's what I want to experience at the Olympics, that the world knows we are nice and polite in Canada but that doesn't mean we can't compete."
Canadian weightlifter Christine Girard

The heaviest thing on Christine Girard's shoulders at the Olympics may be the legacy left by the Canadian female weightlifters that came before her.

But it's not a burden that slows her down. It only adds extra inspiration for London.

Girard, who grew up in Rouyn-Noranda, Que., is thinking particularly of Maryse Turcotte, who competed for Canada in the 2000 and 2004 Summer Olympics and won gold in two Commonwealth Games and one Pan American Games before she retired.

"I have enormous respect for Maryse and for what she did," Girard said from White Rock, B.C., where she trains and lives with her husband and coach Walter Bailey. "She was one of the first to stand out at the international level.

"Maryse showed what it's possible to do, she dared to do it. I want to do the same thing and hope to push things further in the future."

Girard hopes to add to the history in London, where she will compete in the 63-kilogram event on July 31. If she makes the podium, she'll be the first Canadian woman to get an Olympic medal in that discipline.

The 27-year-old, who was born in Elliot Lake, Ont., is not discouraged by incidents of doping within her sport.

"They have their reasons and I know this is not always their choice as an athlete," she said of those who cheat. "My goal is to show that if you work hard you can beat the others. Maybe it takes more years of training to get to that point — for me, it's 17 years — but I honestly think it's possible."

Girard is on her way to proving her point. She lifted 135 kilograms in the clean-and-jerk in training earlier this year — tying the Olympic record — and recently hoisted 136 kilograms.

"I've spent years testing that every month," she said. "If I'm capable of doing that in training, then others can too."

Girard, who was fourth at the Beijing Games, holds the record in the snatch and in total weight in her class at the Commonwealth Games — 60 kilograms — and the Pan American Games (63 kilograms).

THE CANADIAN PRESS

Christine Girard of Canada competes at the Beijing Olympics in August 2008. EZRA SHAW/GETTY IMAGES

Torch reaches new heights in London

Amelia Hempleman-Adams poses with the Olympic flame on top of a London Eye pod on the torch-relay leg through London on Sunday. Hempleman-Adams took the torch on a trip on the giant observation wheel on the south side of the River Thames, riding atop one of the Eye's viewing capsules as it slowly rotated. The 17-year-old Hempleman-Adams was the youngest person to ski to the South Pole last year. The Olympic flame continues its weeklong journey around London, after spending more than 60 days touring Britain. LEWIS WHYLD/LOCOG/THE ASSOCIATED PRESS

Track-and-field. U.S.-born athletes make up most of Haiti's small Olympic squad

Four of Haiti's five Olympians at the London Games have something in common — they're not from Haiti.

With millions of Haitians living on $2 a day or less and hundreds of thousands of people rendered homeless by a devastating earthquake two years ago, the country struggles to produce world-class athletes. But those with Haitian links are eager to represent the small Caribbean country.

"I still feel Haitian even if I wasn't born there," 21-year-old sprinter Marlena Wesh said in a telephone interview with The Associated Press.

Wesh, who will run the 200 and 400 metres at the Olympics, grew up in Virginia but her parents are from Haiti.

Besides having family ties to Haiti, the four foreign-born Olympians will be competing in track-and-field, including a former roommate of Facebook founder Mark Zuckerberg.

Samyr Laine, a 28-year-old triple jumper from New York, roomed with Zuckerberg at Harvard.

He hopes to eventually form a non-profit group called the Jump for Haiti Foundation, a sports program to produce future Olympic athletes from the country. Laine said he plans to call on his friends, including his roommate-turned-billionaire, to donate a few dollars.

"I hope they see the merits of my cause," Laine said. "I will definitely try to reach out to Mark as well."

Moise Joseph, a 30-year-old 800-metre runner, and Jeffrey Julmis, a 28-year-old 100-metre hurdler, are also on the team. Haiti's lone homegrown Olympian is Linouse Desravine, a 21-year-old judoka.

THE ASSOCIATED PRESS

Samyr Laine will compete for Haiti in the triple jump. GETTY IMAGES FILE

Athletic infrastructure

Haiti does pose unusual challenges for athletes.

- Three of Haiti's five competitive running tracks house thousands of people in tents and shanties who were displaced by the January 2010 earthquake.
- The office of the Haitian Olympic Committee has a budget of $400,000. The U.S. Olympic Committee's budget is about $170 million US.

Libya

Released Olympic committee chief says kidnapping still a mystery

The president of Libya's Olympic committee said hours after he returned home Sunday that his kidnapping remains a mystery but that authorities promised to investigate.

Committee chief Ahmed Nabil al-Taher al-Alam was released unharmed a week after unknown gunmen abducted him from his car in Tripoli.

THE ASSOCIATED PRESS

Basketball

Argentina gives U.S. early exhibition test

The U.S. Olympic men's basketball team wore the throwback uniforms of the 1992 Dream Team on Sunday. The Americans' play was much different.

Kevin Durant scored 27 points and the United States held on for a narrow 86-80 victory over Argentina in an exhibition game.

The Americans got off to a hot start but their lead was down to four with 2:50 left after Manu Ginobili's three-point play. But Durant and Chris Paul hit big three-pointers as the U.S. won after being pushed for the second time in its four exhibition games. THE ASSOCIATED PRESS

Argentina's Pablo Prigioni dribbles past Kevin Durant on Sunday in Barcelona, Spain. GETTY IMAGES

Reinstatement

Baseball, softball agree to merge in bid to return to Olympics

Seven years after they were cut from the games, baseball and softball have agreed to merge into a single international federation in a joint bid to return to the Olympics.

The two sports, which were last played at the 2008 Beijing Games, each failed in separate attempts to win reinstatement for the 2012 and 2016 Olympics.

THE ASSOCIATED PRESS

Social media

"Didn't think it would get mass headlines. It was an innocent tweet."

U.S. hurdler Kerron Clement, who caused a social-media stir in London. He was less than complimentary in his tweet last week after a bus taking athletes to the village had a hard time finding its destination. He let his feelings be known on Twitter.

"Um, so we've been lost on the road for 4hrs. Not a good first impression London."
Clement's tweet

Heptathlon

Injuries force Sweden's Kluft to withdraw from London Games

Swedish long jumper Carolina Kluft says she won't compete at the London Olympics because of a hamstring injury.

The former Olympic and world heptathlon champion told Swedish tabloid Expressen she sees no point in going to London after the injury forced her to pull out of a competition in Finland.

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Horoscopes

♈ Aries
March 21 - April 20
Think big, act big and big rewards are sure to follow. The Sun in the most dynamic area of your chart means you won't let anything come between you and success. Life is a game and you love winning games.

♉ Taurus
April 21 - May 21
Make some changes on the home front this week – the bigger the better. How can you lighten up your living space? What can you do to give yourself a more relaxing environment? Don't wait – just do it.

♊ Gemini
May 22 - June 21
You don't need to raise your voice to make yourself heard – but you probably will. You want to make sure everyone – colleagues and loved ones alike – knows where you are coming from, and where you are going to.

♋ Cancer
June 22 - July 23
You seem to believe that you have been hard done by. Why is that? Maybe it's not other people's fault, maybe it's your own. If you want to change your luck, first change the way you look at the world.

♌ Leo
July 24 - Aug. 23
Don't worry if you have not done as much as you should have in recent weeks because the Sun in your sign will give you a boost. But don't wait for good things to be given to you – get them yourself.

♍ Virgo
Aug. 24 - Sept. 23
A life of ease may sound inviting but what would you have to show for it in the long-term? Not much. You have so many talents and it's about time you started using them.

♎ Libra
Sept. 24 - Oct. 23
Friends and family members will go out of their way to assist you today and if you are sensible and act on their advice you will do well on several levels. Your social life is about to pick up dramatically too.

♏ Scorpio
Oct. 24 - Nov. 22
The Sun in Leo at this time of year leads to changes on the work front and it is important that you do not resist what happens over the next few weeks. Go with the flow and you'll do very well indeed.

♐ Sagittarius
Nov. 23 - Dec. 21
It's time to let go of beliefs and opinions that have been holding you back and to replace them with something a bit more up-to-date. You don't have to follow the herd but you do have to widen your perspective.

♑ Capricorn
Dec. 22 - Jan. 20
The planets are urging you to be more adventurous. There are occasions when it is right to take risks and this is one of them, so stop playing for time and start making things happen, at home and at work.

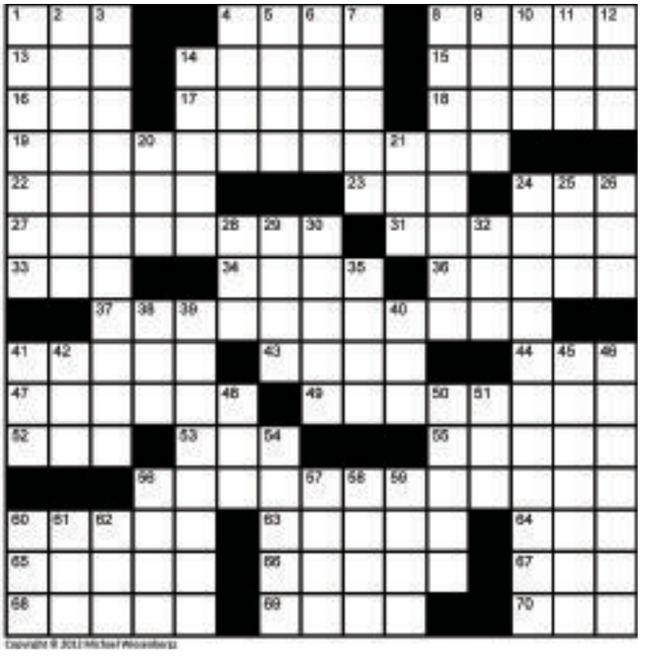
♒ Aquarius
Jan. 21 - Feb. 19
Put other people's interests first over the next few days, both in your personal life and at work. If you go out of your way to make life easy for others they will make it up to you big time later on.

♓ Pisces
Feb. 20 - March 20
Tear up an existing arrangement and replace it with something more to your liking. Others may not be happy about it but it is your happiness you should be thinking of.

SALLY BROMPTON

Crossword: Ontario

BY MICHAEL WIESENBERG



Across

1. Newmarket-born actor Carrey
4. Brampton-born Michael who received 2008 Canadian Comedy Award for best male performance for Superbad
8. With 68-Across, 4 out of 5 touch Ontario
13. Nabokov novel
14. What a French-Canadian traffic cop might yell
15. Where to get a date?
16. "___ gonna get it!"
17. Something to believe
18. Ghana's capital
19. Part of the War of 1812 fought April 27, 1813, at what is now Toronto
22. "___ far, far better thing that I do ..."
23. Locks linking two of 8- and 68-Across
24. Race starter
27. Library transactions
31. Scarborough or North York WRT Toronto
33. Dentistry deg.
34. Great Britain emblem
36. Timberlake's group
37. Willowdale-born comedian who hosted Deal or No Deal
41. Mary Tyler Moore Show spinoff
43. Oakville progressive rock quintet
44. Dashboard gauge
47. Broadcasters
49. Network bigshot
52. Summer in ON
53. Duncan do not
55. Israel native
56. Southernmost extent of Canada's mainland, in Lake Erie
60. Toronto-born actress Jennifer known for playing Linda on Still Standing
63. ___ Hudson: Windsor-born member of The Band
64. Vitamin stat
65. For ___: cheaply
66. Roman title
67. Auto retailer: abbr.
68. See 8-Across
69. Sway
70. Sugary ending

Down

1. Nakedness symbol
2. Conceptualized
3. Hamilton-born star of Three Amigos, Pure Luck, Mars Attacks!, Father of the Bride
4. Early Ontario inhabitants
5. Rubik of cube fame
6. Shoal
7. Lawyers: abbr.
8. Circumvent
9. Pool start
10. It's beside F1
11. Broadcast
12. US airport checkers
14. Attorney-___
20. Mao ___-tung
21. Bond, etc.
24. London-born bandleader who formed The Royal Canadians in 1924
25. Carafe
26. US network
28. Clay, after
29. Falsehoods
30. Intoxicating elixirs
32. Mad cow disease
35. Former Hungarian premier Imre
38. Poem
39. Admonitions
40. As ___: Persian poker ancestor
41. Canada's ____ Dawn Chong
42. Secreted
45. Fräulein's frocks
46. How many stupid things are done
48. Unhappy
50. "Steady ___ goes!"
51. Indian lentil dish
54. Lawn tool
56. Not yours
57. Pack cargo
58. One of 8- and 68-Across
59. "___have to do"
60. Proverb or confident suffix
61. Cape Town's nation: abbr.
62. Convex cooker

Friday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

		9	7		8			
	8					1	2	
3	2				5	7		
6		7	2				5	
				5				
	9				4	2		1
		1	6				7	9
	6	3					1	
			8		9	4		

Friday's Sudoku

Sharability

easy — hard

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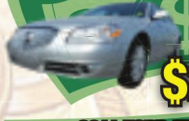

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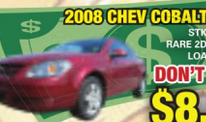

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